

Menus Week of 03 / 09 / 2020 / Cycle 3 - DIET LINE

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats and/or sodium than the regular line items. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Mar 9th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs/DL Turkey Bacon French Toast w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Chicken & Rice & Vegetarian Veg Soups DL Shrimp Scampi / Grmt Chick Salad w/ DL Pasta / Wheat Rolls DL Steamed Asparagus Spears DL Cuban Salad w/Avocado	DL Chicken & Rice & Vegetarian Veg Soups DL Grilled Pork Wings / DL Egg Rolls DL Pineapple Brwn Rice / Fortune Cookies Stir-Fry Asian Vegetables DL Sautéed Baby Carrots / Wheat Rolls
T U E S Mar 10th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Pasta Fagioli & Vegetarian Veg Soups DL Grilled & Oven Fried Chick Brst/Thgh DL Mash Potatoes w/DL Chick Grvy DL Field Peas w/Snaps DL Cabbage / Wheat Rolls Wheat Rolls	DL Pasta Fagioli & Vegetarian Veg Soups DL Cajun Baked Fish w/Lt Crm Sauce Baked Potato w/FF Sour Cream DL Whole Green Beans DL Super Sweet White Corn Wheat Rolls
W E D Mar 11th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Roast Beef & Vegetarian Veg Soups DL Turkey Steaks w/DL Onion Gravy DL Mashed Potatoes w/ DL Onion Grvy DL Squash DL Mustard Greens / Wheat Rolls	DL Roast Beef & Vegetarian Veg Soups DL Beef Stroganoff DL Pasta DL California Blend Veggies DL Broccoli Florets / Wheat Rolls
T H U Mar 12th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Chili Bean & Vegetarian Veg Soups DL Grilled Veal w/Tomato Basil Sauce DL Sun Dried Tom & Mozzarella Risotto DL Italian Pepper Salad DL Sugar Snaps / Wheat Rolls	DL Chili Bean & Vegetarian Veg Soups DL Baked Pork Chops w/Apples & Onions DL Baked Sweet Potatoes DL Roasted Brussel Sprouts DL Normandy Bled Veg / Wheat Rolls
F R I Mar 13th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Pinto Bean & Vegetarian Veg Soups DL Oven Fried & Baked Fish DL Parmesan Garlic Red Potatoes DL Italian Eggplant & Zucchini Casserole DL Okra / Wheat Rolls	DL Pinto Bean & Vegetarian Veg Soups DL Grilled Chicken Brst & Thgh DL Mash Potatoes w/DL Chick Grvy DL Sautéed Sliced Mshrms/ DL Tuna Salad DL Italian Green Beans / Wheat Rolls
S A T Mar 14th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL Shredder Hash Brown Potatoes Biscuits / DL Biscuit Gravy	DL Beef Noodle & Vegetarian Veg Soups DL Trky Meat Balls 'n DL Tomato Sauce DL Wheat Spaghetti DL Cape Cod Blend DL Sautéed Fresh Zucchini Chunks Garlic Bread / Wheat Rolls	DL Beef Noodle & Vegetarian Veg Soups DL Sliced Roast Beef w/DL Gravy DL Irish Potatoes DL Cabbage DL Carrots Wheat Rolls / Cornbread
S U N Mar 15th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/LF/LS Grilled Ham Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Veg Beef & Barley & Vegtam Veg Soups DL Roasted Turkey w/DL Turkey Gravy DL Cornbread Dressing DL Mashed Potatoes / DL Cauliflower DL Green Peas / Wheat Rolls	DL Veg Beef & Barley & Vegtam Veg Soups DL Grill Chick Brst/Thgh Scallopini w/DL Brown rice DL Berry Burst Salad w/Rspbry Vinagret DL Asparagus / Wheat Rolls

STANDARD BREAKFAST MENU ITEMS

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit,
Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

STANDARD MENU ITEMS ALL MEALS

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,
Iced Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots,
Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs,
Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers,
Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns,
Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

STANDARD SALAD DRESSINGS

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil

SALADS / GELATINS

Green Pea w/Carrot Salad / Strawberry
Marinated Cucumbers / Orange
German Tomato Salad / Cherry
Broccoli Salad / Lemon
Pear, Blue Cheese, Walnut Salad / Raspberry
Fruit Salad / Lime
Carrot & Raisin Salad / Watermelon

DAILY SALAD BAR ROTATION

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

FRUITS

Sliced Peaches / Mandarin Oranges
Sliced Peaches / Tropical Fruit Cocktail
Sliced Peaches / Pineapple Chunks
Sliced Peaches / Apricot Halves
Sliced Peaches / Fruit Cocktail
Sliced Peaches / Pineapple Slices
Sliced Peaches / Pear Halves